

Heart Healthy Restaurant Eating

Restaurant meals and fast foods are always higher in salt, sugar, and fat than home-cooked meals. Learn how to make healthier choices when eating out by following these tips.

Plan ahead

- Choose restaurants that offer 'simple' nutritious foods.
- Visit the restaurant's web site to view their menu ahead of time.
- Contact the restaurant before you go and ask if they take special requests.
- Avoid or limit fast foods.
- Don't skip a meal to justify a large dinner.



Reduce your portion size

- Ask for smaller portions and avoid super sizing.
- Share your main meal or ask for it to be split before it is served.
- Avoid 'all you can eat' buffets.
- Remember you do not have to finish your meal. Leftovers can be brought home.

Reduce sugar

- Limit sweet sauces, syrups, and condiments with added sugars (such as sweet and sour, honey garlic, lemon glaze, teriyaki).
- If you have dessert, choose fresh fruit, a small scoop of ice cream, or share a dessert.
- Skip the pop, drink water instead.

Reduce fat

- Order salad dressings, sauces, spreads, and gravies 'on the side' and use less.
- Ask for vinaigrette-based dressings in place of creamy dressings.
- Order lean meats.
 - Limit high fat meats such as ribs, duck, lamb, and prime rib.
 - Trim all visible fat from meat.
- Remove skin from chicken and turkey.
- Check the menu description for how the meal is cooked. See next page for preferred cooking methods.

Reduce sodium

- For side dishes, choose salads with fresh greens and vegetables instead of soups, pickles, and fries.
- Limit Asian sauces such as soy sauce, teriyaki sauce, fish sauce, hoisin sauce, oyster sauce, and black bean sauce.
- Ask for foods without salt added.
- Ask for no MSG.
- Limit multiple condiments.

Look for Menu Clues



	Choose	Avoid or Limit
Cooking methods	<ul style="list-style-type: none"> ✓ Grilled ✓ Roasted ✓ Baked ✓ Poached ✓ Boiled ✓ Broiled ✓ Steamed ✓ Barbecued ✓ Stir fried ✓ Pressure cooked ✓ Slow cooked ✓ Stewed 	<ul style="list-style-type: none"> ✗ Basted ✗ Braised ✗ Breaded ✗ Battered ✗ Buttered ✗ Creamed ✗ Crispy ✗ Flaky ✗ Fried/Deep fried/Pan fried ✗ In pastry ✗ Sautéed ✗ Marinated in oil ✗ Pickled ✗ Processed ✗ Kimchi ✗ Pakora
Sauces, Dressings, and Dips	<ul style="list-style-type: none"> ✓ In broth ✓ In own juice ✓ In lemon juice ✓ Marinara ✓ Marsala ✓ Tomato ✓ Tzatziki ✓ Vinaigrette-based dressings ✓ Hummus ✓ Salsa ✓ Guacamole 	<ul style="list-style-type: none"> ✗ Alfredo sauce ✗ Aioli/Aeoli sauce ✗ Béarnaise sauce ✗ Butter sauce ✗ Cheese sauce ✗ Chipotle sauce ✗ Cream sauce ✗ Caesar Dressing ✗ Ranch Dressing ✗ Thousand Island Dressing ✗ Artichoke Dip ✗ Spinach Dip ✗ Hollandaise ✗ Gravy ✗ Au gratin ✗ Creamy ✗ Florentine ✗ Parmigiana

Resources

healthyfamiliesbc.ca/home/participating-restaurants